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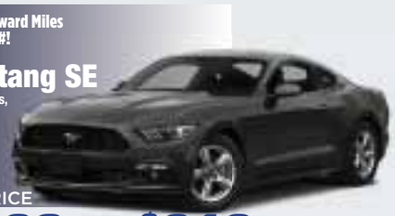

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‘WE’RE GOING TO MARS’

How likely are we to lose a hot astronaut to space? An adviser for The Martian explains metroLIFE

Winnipeg metro

Your essential daily news | MONDAY, SEPTEMBER 14, 2015 | High 21°C/Low 13°C Sunny

ROYAL CRUSH

METRO READERS LOVE THE MONARCHY

metroVIEWS

BATHING THE BEAST

Conservator Carolyn Sirett vacuums a bison in a diorama. SHANE GIBSON/METRO

Manitoba Museum closing for giant housecleaning

metroNEWS

Officer dragged by stolen car

CRIME

Driver failed breathalyzer at routine check stop

Elisha Dacey
Metro | Winnipeg

A Winnipeg police officer was rushed to hospital after being dragged by a stolen vehicle following the Banjo Bowl Saturday.

The officer stopped a man driving a Buick Century near Investors Group Field Saturday at around 8:30 p.m. The car had been pulled over as part of a check stop on Waverly Street near Lake Crest Road, said police.

Const. Jason Michalyshen told media the officer gave the man a breathalyzer test, which he failed. The man got back into the car.

The officer tried to stop him, but the suspect drove away, said police, taking the officer with him.

The officer’s legs were dragged outside the vehicle. He was taken to hospital and treated for scrapes and bruises.

The officer managed to untangle himself from the vehicle and drop away, while the car took off down the street before hitting a meridian, causing substantial damage, said Michalyshen. The man abandoned the vehicle on Chancellor Drive and fled on foot.

Police are still looking for the driver and said Sunday they talked to the car’s owner, who had reported it stolen.

Anyone with information is asked to call 204-986-6271.

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metro NEWS

Your essential daily news

Sensors in shoulder pads will track NFL players. **Business**

REFUGEES

Syrian couple find safety in Winnipeg

Mohmmed Darweesh feels he is one of the lucky ones.

After fleeing his native Syria, where he says he was threatened with death and harassed by police, it was only a few months from the time he first approached the Canadian embassy in Lebanon to when he first touched down on Canadian soil.

"Nobody is safe," the 33-year-old says sitting in his Winnipeg apartment.

Canada's response to the Syrian refugee crisis has become a major issue and The Canadian Press has been reaching out to Syrians, who arrived as refugees, to tell their stories. Since civil war broke out in 2011, more than four million Syrians have fled their country.

Darweesh, a teacher by training, says the civil war was not the only threat he faced.

Darweesh also faced the prospect of being jailed for refusing to join the army, so he left the country for Lebanon last year, but was not allowed to stay permanently.

His girlfriend, Reem Younes, joined him after a close call with gunfire near the school where she taught. They married in Lebanon and applied for refugee status in Winnipeg, where Darweesh had a sister.

His sister's church, along with the Mennonite Central Committee, sponsored Darweesh and Younes and the couple arrived in March.

Darweesh was surprised at how fast everything happened.

He and Younes are hoping to resume their teaching careers.

"Every day, many people visit us and make us feel we are not strangers," Darweesh says.

"Sometimes I cry. How can these people consider us and help us without knowing us? They treat us like humans, without any conditions." THE CANADIAN PRESS

> **Ninety per cent of my friends have been killed.**
> Mohmmed Darweesh

Syrian refugees Mohmmed Darweesh, right, and Reem Younes talk about their journey to their new home. THE CANADIAN PRESS

After spending over $400 on textbooks, University of Winnipeg business administration students Zachary Hoeft, left, and Emma Gerard, 20, said they support the provincial government's plan. SHANE GIBSON/METRO

Province is making online textbooks free

EDUCATION

Manitoba students are warm to the idea

Shane Gibson
Metro | Winnipeg

The Province of Manitoba is moving to make some university textbooks free online, and as students returned to classes, it was hard to find any opposed to the idea.

"That would be fan-flipping-tastic," said 25-year-old Zachary Hoeft, as he and fellow University of Winnipeg business administration student, Emma Gerard, 20, left the school's bookstore with an armful of textbooks and their wallets $400 lighter.

The pair are splitting the nearly $900 needed for their books this year by sharing the copies, and despite pointing out some of the downsides of online textbooks — including not being able to highlight important passages — they quickly said free would be better.

The plan won't go into effect until the start of the winter semester, according to Education and Advanced Learning Minister James Allum, who said the province will get started by offering the 80 or so books currently available through a similar effort already happening in B.C.

The province expects to soon add another 50 books, and is funding 25 academic reviews of open textbooks by faculty and instructors from Manitoba's post-secondary institutions.

"Initially the professors will have to choose which of the textbooks are selected to go online, assuming they pass that first test, then they'll be assigned in the classroom and students will be able to take advantage of them," said Allum.

The chair of the Manitoba chapter of the Canadian Federation of Students, Michael Barkman, applauded the idea and said he hopes to eventually see all textbooks provided for free online. He said students should ask their professors about using free online textbooks.

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Manitoba Museum closes for massive 'housecleaning'

HISTORY

Staff dusting off thousands of artifacts

Shane Gibson
Metro | Winnipeg

Winnipeggers hoping to stop by the Manitoba Museum to brush up on some history will have to hold off for a while as staff spend the week brushing up its history.

The museum is shutting its doors from Monday to Friday this week while the entire building — and its hundreds of thousands of artifacts — get an annual cleaning.

"It's not just the public spaces, because the galleries get ongoing cleaning throughout the year, it's also a lot of the behind-the-scenes spaces, too," explained the museum's director of marketing, Debra Fehr. "Certainly, though, we are going into the galleries — there's walls that need to be cleaned, there's vacuuming and rugs that need to be cleaned.

"It's kind of like a big housecleaning."

Fehr said museum staff have all signed up to tackle a different part of the facility, and by the end of the week all 56,000 square feet of the public galleries, the 250-seat planetarium, and the 7,000-square-foot science gallery will be washed, disinfected, vacuumed and dry mopped.

"It's a big job but it's kind of fun because you get to see some of the behind-the-scenes stuff," said Fehr, who added some of the work — like dusting priceless pieces of history — can be more than a little nerve-racking. "The conservators are very careful about who's actually interacting with some of the artifacts."

The museum expects to reopen again on Saturday, and the cleaning comes just in time for their latest exhibition, National Geographic presents: Earth Explorers, which opens Oct. 3.

Conservator Carolyn Sirett and all staff at the museum are meticulously cleaning every inch of the building. SHANE GIBSON/METRO

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IN BRIEF

Police board names members of Indigenous crime prevention council

The Winnipeg Police Board (WPB) has unveiled the names of those who will make up the city's new Indigenous Council on Policing and Crime Prevention.

"The Indigenous advisory council is helping us understand in greater detail issues, matters and concerns, and opportunities around the protection and safety of the Indigenous community," said police board chairman Coun. Scott Gillingham.

"I think the council that has been established today, they come from diverse backgrounds, diverse experiences, and I think their years of experience and understanding will really serve the board well in helping us set policies."

The board reviewed local nominations and has now appointed 14 members and two alternate members.

The council includes Elders, youth, and representatives of families of missing and murdered Indigenous women and girls. It also includes people involved with a number of Indigenous community-based organizations, governance bodies, representative organizations, and political coordinating entities. METRO

Authorities confirm identity of female body pulled from Red River

Police say a Winnipeg woman missing since last weekend has been found dead.

Jill Tardiff, 61, was last seen in the Old St. Vital neighbourhood on Sept. 6.

Sources tell Metro Tardiff's body was the one pulled from the Red River near the Provencher Bridge Thursday night.

Police say foul play is not suspected and an autopsy is expected to be completed Monday. METRO

'Very unique events' force increase in overtime costs

POLICE

Budget for first two quarters of 2015 up $600K from 2014

Dave Baxter
Metro | Winnipeg

Winnipeg Police said there has been a spike in the amount of overtime their officers have worked this year, partly because of some high-profile crimes.

Police said overtime was up about 16 per cent for the first two quarters of this year, compared to the same time period in 2014.

The budget has risen to $4.33 million from $3.73 million.

"It's fair to say we've had some very unique events happen this year," said Deputy Chief Danny Smyth.

"We had the arrest of (John Paul) Ostamas earlier in the spring who was (allegedly) responsible for three homicides in a relatively short period of time. That certainly taxed our service, both our frontline and our investigative."

Deputy Chief Danny Smyth DAVE BAXTER/METRO

"We also dealt with the bombing investigation earlier in the summer, again unprecedented for us in terms of meeting public safety. We had to commit a fair amount of resources."

Despite some extreme circumstances in 2015, Smyth does not believe the Winnipeg Police overtime budget is a problem.

"Unique cases like that are really hard to predict. I do think we have a healthy overtime budget.

"Generally speaking, we have come within or under budget."

$4.33M

The budget for additional officers has amounted to approximately $4.33 million in costs in 2015.

16%

Winnipeg Police say overtime is up 16 per cent compared to the first two quarters of 2014.

EMERGENCY RESPONSE BLAZE DAMAGES SOUTH END HOTEL Winnipeg Fire Department Platoon Chief Barry Evans said the fire started at the Super 8 Hotel at 1485 Niakwa Rd. just east of Lagimodiere Boulevard around 3:40 p.m. on Friday. DAVE BAXTER/METRO

MENTAL HEALTH

As the school year begins, YAMIS gets in front of suicide issue

WHAT'S GOOD

Ace Burpee

This past June, as the school year wound down, seven high school students in Winnipeg committed suicide.

We can ease into a new school year in terms of math, science, English etc., but we have to get out in front of this as a new school year begins.

Loizza Aquino is a Grade 11 student at Vincent Massey Collegiate, and she's worked tirelessly over the summer organizing YAMIS: Youth Against Mental Illness Stigma. This Thursday at the Manitoba Theatre for Young People, all are welcome to come listen, share and unite for those who need us.

"I had a best friend who opened my eyes to many different realities, one of them being mental illness," says Aquino. "In May 2015, I started my own group called Peace of Mind 204, made up of teens across the province with a goal of erasing the stigma surrounding mental illness.

"Early morning on June 17, I lost that best friend to suicide."

I'll be hosting YAMIS along with Peter Takis from 10 a.m. to 2 p.m., and the day will feature guest speakers including Premier Greg Selinger and one of the brightest voices in youth mental health, Taylor Demetriov.

Along with entertainment from JAMtv and Reynalyne Gacilan, there will also be ample time where the floor will be open to all. Stigma-free of course, as the event clearly states.

"It's a safe space where everybody is equal and able to be heard," says Aquino.

Students, teachers, parents and family members are all are welcome. Thursday. MTYP.

"I had a best friend who opened my eyes to many different realities, one of them being mental illness.

Loizza Aquino

Refugees dominate election

ELECTION 2015

Tories dealing with another trial involving top Harper aide

Party leaders are attempting to shift the public's focus to domestic issues including taxation and health care, as another week of campaigning in the federal election begins.

But questions surrounding Canada's role in alleviating the refugee crisis in the Middle East continue to dominate headlines.

And the trial this week of a former top aide to Conservative Leader Stephen Harper accused of influence-peddling could also cast a pall over the campaign.

But the Tories will be doing everything they can to cast light on their fiscal record while in office as the Finance Department unveils year-end figures for fiscal 2014-15, which could show that the government was on track to balance the budget.

Last month, the department reported a $5-billion surplus for the April-June quarter, though Harper's opponents said that data was not up to date.

Harper repeated his party's pledge to lower small business tax rates during a campaign stop in Ottawa's west end Sunday, where he attacked the Liberals and New Democrats over their proposed tax plans.

While campaigning in Vancouver, where his party hopes to make gains on Oct. 19, the NDP's Tom Mulcair announced that a government under his leadership would spend $1.8 billion over four years bolstering health care for seniors.

The NDP is hoping to frame week seven of the 11-week campaign around health ahead of the next leader's debate on Thursday in Calgary.

But it was Mulcair's promise to help Syrian refugees that had some of his party's supporters calling for even greater action.

Many New Democrats are urging their party to increase its election commitment to resettle 46,000 people over four years to as high as 100,000.

An emotional debate over how best to help some of the four million refugees who have fled fighting in Syria was fuelled earlier this month by the images of a dead three-year-old boy from Syria washing up on a Turkish beach.

In the meantime, former Harper senior adviser Bruce Carson goes on trial Monday in an Ottawa court on one charge of influence-peddling, related to his work with a company that was trying to sell water-filtration systems to First Nation reserves.

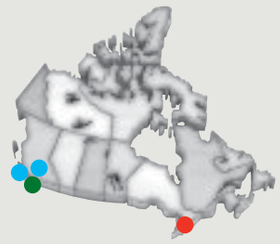
The Carson case follows on the heels of the trial of Sen. Mike Duffy, which forced the Tories off of their message at the beginning of the campaign in August.

Carson has pleaded not guilty to the influence-peddling charge, as well as other accusations of illegal lobbying.

THE CANADIAN PRESS

NDP leader Tom Mulcair speaks during a campaign stop at Spanish Banks Beach Park in Vancouver, on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

WHERE THE LEADERS ARE MONDAY



- **Stephen Harper** will be in Kamloops and Burnaby, B.C.
- **Justin Trudeau** will be in Toronto.
- **Elizabeth May** will be in North Saanich, B.C.

Tom Mulcair's itinerary was unavailable.

SOVEREIGNTY

Chretien backs Trudeau, slams Mulcair on Quebec

Liberal Leader Justin Trudeau enlisted the support of former prime minister Jean Chretien on Sunday to brush up his economic bona fides and accuse the NDP of wanting to make it easier to break up the country.

Both Trudeau and Chretien told a rally Sunday in Hamilton that an NDP government would repeal the Clarity Act, which says any referendum requires a clear question and clear majority for separation.

Trudeau said NDP Leader Tom Mulcair believes a single vote — 50 per cent plus one — should decide whether Canada remains united, thereby resurrecting the ghost of a divided Canada not seen since the 1995 vote on Quebec secession.

"The divisions that referendum (sewed) and the pain that it caused Canadians must not be repeated," said Trudeau, standing alongside Chretien.

"Mulcair? He wants to roll the dice. He wants to put separation back on the table and turn the clock back 20 years, which means all of Thomas Mulcair's experience in politics has simply taught him one thing: To play politics with anything and everything, including the unity of this country, to gain a few votes from separatists."

Mulcair has dismissed such criticism, saying he has fought for a united Canada his whole life but that the Clarity Act doesn't spell out what constitutes a majority. He recently said the Clarity Act is not a high priority for him and challenged Trudeau to say what his threshold for separation would be.

Trudeau wouldn't say what would constitute a "clear majority" when asked by reporters Sunday.

"I'll let Justin Trudeau continue with his golden oldies tour and bring out Jean Chretien today and start talking about the quarrels of the past," Mulcair said earlier Sunday after making a senior healthcare announcement in Vancouver.

"We are talking about solving the problems for the future."

Back in Hamilton, Chretien employed his trademark folksy style to reinforce Trudeau's message. He also slammed the Conservative response to the exodus of Syrian refugees, saying Canada has a history of accepting displaced people, including from Vietnam when "it was possible … there were a few communists in the gang."

Chretien also told party supporters that it was past Liberal governments who restored prosperity after years of Conservative rule.

"Now Justin, you'll have to do the same thing for Harper," Chretien quipped.

THE CANADIAN PRESS

> **(Mulcair) wants to roll the dice. He wants to put separation back on the table and turn the clock back 20 years.**
> Justin Trudeau

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IN BRIEF

Scots might vote again on independence: SNP

The Scottish National Party (SNP) will set out the timescale for another possible referendum on independence in its upcoming manifesto.

First Minister Nicola Sturgeon says the manifesto will include more details about how another vote may be "appropriate."

She stressed it was up to Scots to decide to have another vote, and she will only hold one if she thinks it would be successful.

THE ASSOCIATED PRESS

Strong quake, no damage

A strong earthquake shook communities along the Gulf of California on Sunday, but there were no immediate reports of damage.

The U.S. Geological Survey said the magnitude 6.6 quake struck at 1:14 a.m. local time at a depth of 10 kilometres (6 miles). The offshore epicentre was 48 miles (79 kilometres) south-southwest of Los Mochis.

It was preceded by two other earthquakes of magnitude 4.9 and 5.3.

THE ASSOCIATED PRESS

Boat capsizes, at least 28 die

EUROPE

Hungary sets new record for asylum seekers crossing border

At least 28 people seeking a better life in Europe drowned Sunday as they attempted a wind-swept sea crossing from Turkey to Greece, while a record number of asylum seekers reached Hungary's border with Serbia just two days before the government vows to make it more difficult to cross.

Greece's coast guard said the 28, including four infants and 10 older children, died when their wooden boat containing more than 125 people capsized near Farmakonissi. The island lies midway between Samos and Kos, two of the favoured targets for smugglers sending thousands of people daily to the Greek islands.

Officials said 68 others were rescued while 30 more swam to the barely populated island. Coast guard officials said the boat may have been toppled in part because of wind gusts exceeding 50 kph (30 mph).

Sunday's tragedy came just a day after two other boats capsized and at least five people — four children and a 20-year-old man — were presumed drowned. The coast guard said they are still searching for those bodies.

In Hungary, army engineers crowned the top of the planned 174-kilometre (109-mile) border fence with razor wire as the government warned, from Tuesday onward, any asylum seekers caught breaking through the barrier would be arrested and charged.

Police said 4,330 were spotted crossing in the previous 24 hours, more than 700 higher than the previous one-day record, as trekkers strove to reach Hungary before the tougher security measures take effect.

This year, more than 175,000 have passed through Hungary from Serbia en route to Western Europe, and the government of Prime Minister Viktor Orban says it's determined to make Hungary a more difficult challenge, with deployments of troops and potential prison terms part of the deterrent.

Hungary's lawmakers have not voted yet on whether to back government plans to deploy more than 3,000 troops in support of border police, but dozens of soldiers already were patrolling the fence Sunday.

THE ASSOCIATED PRESS

175K

This year, more than 175,000 people have passed into Hungary from Serbia, headed to Western Europe.

Sohrab Naveed, 1, whose family comes from Kabul, Afghanistan, is held by his mother while waiting with others to board a bus after crossing the Serbian-Hungarian border on Sunday.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

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NFL makes big data play

TECHNOLOGY

Tracking chips will provide coaches with real-time info

It won't just be bodies crunching on the NFL gridiron this season: teams and coaches will be getting data from every player with new technology unveiled on Friday.

Zebra Technologies, an Illinois firm known for barcode readers and inventory tracking, announced an agreement to install location-tracking sensors in the shoulder pads of NFL players. The tracking chips will provide data to coaches and players, as well as to armchair quarterbacks, to help analyze performance and what is going right and wrong on the field.

"These location-tracking devices from Zebra Technologies will provide real-time statistics for every movement of every player on every inch of the field in every NFL game this season," the company said in a statement.

Sensors in the shoulder pads of players will transmit details to team officials and armchair quarterbacks alike, to help analyze what is going right and wrong. TIMOTHY A. CLARY/AFP

he systems rely on RFID or radio frequency identification technology, similar to what is used by manufacturers and retailers to track the location of merchandise and manage inventory.

Zebra installed RFID receivers in all 31 stadiums used by the NFL.

These receivers are pinged by coin-sized tracking sensors on each player to identify the location, motion, and direction of every player throughout a game.

"These sensor tags can blink up to 85 times per second and transmit motion within 120 milliseconds," the statement said.

"If a quarterback is being tightly pressured, the solution will tell the story of exactly when and where."

> **If a quarterback is being tightly pressured, the solution will tell the story of exactly when and where.**
> Zebra Technologies

Zebra, which tested the system last season in 18 stadiums, said the technology "is giving the NFL more of this intelligence and insight into their game than ever before, including player distance travelled, maximum and average speeds, and accelerations and decelerations."

Fans watching on television will also have access to the data with live broadcast graphics.

The season for the most popular U.S. sport opened Thursday with a 28-21 win by the Super Bowl champion New England Patriots over the Pittsburgh Steelers.

AFP

EURO CURRENCY

No new terms for Greece

The head of the euro currency group of countries has ruled out any renegotiation of the massive loan program meant to save Greece's economy, a week ahead of general elections there.

Greeks go to the polls on Sept. 20 with former prime minister Alexis Tsipras seeking a stronger mandate to implement unpopular reforms needed to secure the 86 billion euros ($97 billion US) rescue program.

Eurogroup chief Jeroen Dijsselbloem said Saturday that renegotiation is "not possible" regardless of who wins "so work must continue" on reforms required to secure the loans.

Speaking after chairing a meeting of the 19-nation currency bloc, he said that finance ministers had not discussed any debt relief for Greece.

The International Monetary Fund insists on Greek debt relief before taking part in any new bailout.

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Monday, September 14, 2015

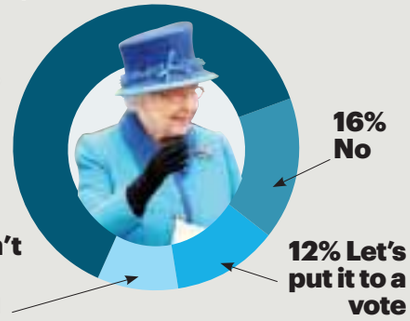
Metro MONDAY POLL

The Queen of controversies

Visit metronews.ca **every Friday to have your say.**

Send her victorious / Happy and glorious / Long to reign over us ... or not. Queen Elizabeth is now Britain's longest-ruling monarch, and Canada's too; breaking Queen Victoria's record of 63 years, seven months and two days on the throne. But while some Canadians can't wait for their favourite young royal couple to occupy Buckingham Palace, others would prefer to ditch the monarchy in favour of a U.S.-style republic — though making that happen would require the consent of all the provinces and could reopen the thorny constitutional debate. We asked our readers if they think the Crown is a royal pain, or if they're happy to see the Windsors reign.

1 Do you want Canada to remain a constitutional monarchy?



2 What do you think will be the future of the Crown in Canada?

3 If you want to keep the monarchy, why?

28% It's a tradition
19% Getting rid of it would be a mess
16% It differentiates us from the U.S.
16% There's a good political reason
12% I <3 the Royal Family
9% Other

"Monarchy has no place in modern society."

"Replacing the Queen would politicize the head of state."

"Once the Queen dies, we should become a republic."

METRO READERS

I can live without the bus. Not everyone can.

INSIDE THE PERIMETER

Shannon VanRaes

First, a confession I don't ride Winnipeg Transit.

Oh sure, I gave it a go. When I arrived in Winnipeg nearly a decade ago I scanned the schedules, waited patiently, then waited less patiently, then boarded buses that would take me to other bus stops, where after more waiting other buses would come to take me to yet another bus stop. Eventually. Maybe.

It's not that I have a natural aversion to public transit, I don't. I've lived in other cities where I never owned a car and relied exclusively on public transit. When my work takes me to larger urban centres like Calgary or Washington, I use public transit. Heck, I made it through parts of North Africa last summer using only public transportation.

Yet in Winnipeg, public transit doesn't fit my life.

And now that Winnipeg Transit has cut back service on dozens of city routes because of a bus maintenance backlog — more than 100 buses out of service — the odds of that changing have gone from slim to nil. Many more people in this city are about to discover that their transportation needs aren't being met.

Emphasis on the word "needs."

For me, transit isn't essential. I have a licence, a vehicle, and I live in an area of the city where almost everything I require is within walking distance. But for many Winnipeggers, accessible public transit isn't just an option they can take or leave. It's intrinsic to their survival.

For those too young to have a licence, transit is a lifeline to friends and jobs. For anyone who can't afford a car, or gas, or insurance, public transit is a mechanism for employment and social participation. Does the mayor really think that the single parent who has to bundle two kids onto one bus everyday to drop them off at a relative's home, and then take another bus to work, before doing it all in reverse, has room to lower their expectations? Room to spend more time commuting, more time waiting? Less time working? Fewer hours with family?

Mayor Brian Bowman said last week that Winnipeggers need to be "more realistic" in their expectations when it comes to transit services. It's a statement that casts real doubt on the sincerity of his commitment to public transit. On the one hand, the city says it's going ahead with rapid transit plans. On the other, it can't maintain basic levels of bus service.

Yes, it's true the city is short on cash in all departments, partly from years of poor management and partly because it receives inadequate revenue from the provincial government. And of course the provincial government often points to the federal government, citing decreased transfer payments as the cause of its own budgetary constraints.

So the solution won't be simple, but one needs to found, and soon. And it will require real leadership and innovation.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. She can be reached on Twitter @ShannonVanRaes.

ROSEMARY WESTWOOD

metroview

The taboo against saying you were raped is dwindling

Early this year, a friend worried rape would — post-Jian Ghomeshi — disappear from the news, and be forgotten.

I disagree. It may not make headlines every day, but we've crossed a threshold into a world where a young woman like Aspen Matis not only feels bold enough to write a memoir revealing her own rape on the second day of college, but a world where we're keen to listen. Whatever taboo exists around saying you were raped is dwindling, and it should taper further with this book.

"I found it really cathartic and empowering to be able to take something so terrible that happened in my life, and turn it into art, and process it, and turn it into something beautiful — hopefully beautiful — that could be of use in the world," Matis told me.

Now 25, she was 19 when she was assaulted in her own dorm room by a fellow student. Nineteen, too, when she began hiking the 4,286-kilometre Pacific Crest Trail, a sojourn she recounts in her book, Girl in the Woods, which is being released tomorrow.

Part adventure memoir, part rape memoir — the latter having all but become its own genre, as more women decide to recount the breadth and scope of a single rape.

There are snow and mountains, food dwindling to a few cashews, life-or-death moments. There is the spectre of the rape. But looming over both is a woman's desperate search for her independence.

Matis grew up dependent on her mother. The rape, she told me, felt like a confirmation that she really was incapable for caring for herself. Then, her parents didn't want to talk about it. Her campus' response was woefully inadequate. The rape became a secret that weighed like a cramp, a "dark pearl in your gut." She first published an essay about the rape in the New York Times in 2012, and it helped shrink her guilt. The book has gone further.

"The shame is not on me, that's misplaced shame," she said. "Shame on him."

Written in full exposure of her own weaknesses, with stream-of-consciousness narration, the book explores the struggle for self-love that we all go through, but that becomes, for a rape victim, essential.

"The rape was not the end of my life, it was the beginning of something bigger. That was a really exciting discovery," she told me.

Matis said she hopes the book helps other rape survivors find their voices, in whatever way they can, and add to this new culture of transparency around sexual assault.

"You are never the only one," Matis said. Proof the frank talk of rape is here it stay.

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metro LIFE

Your essential daily news

Designer Jason Wu says if there's one woman he could dress, it would be Cate Blanchett

Are we ready to be Martians?

SCIENCE FACT

NASA's adviser for The Martian on reaching the Red Planet

Ned Ehrbar
Metro | TIFF

The Martian offers a tantalizing — if harrowing — glimpse into what the future of space exploration holds, but how close are we really to commencing manned missions to the red planet?

NASA's planetary science division director Jim Green, who served as a technical adviser on the film, lays out what it will really take for us to get our asses to Mars.

We are still long away from getting marooned on Mars, like Matt Damon does in The Martian. CONTRIBUTED

Getting to Mars:
"What you probably aren't really aware of is we're developing a whole series of technologies, not only from the technology organization at NASA but the Science Organization and Human Exploration Organization. They each have various aspects of the journey to Mars, to be able to meet at the end and make something happen in the 2030s and 2040s," Green says.

"For instance, Human Exploration is building the SLS, the space launch system, which is even more capable than the Saturn 5. That will get, with the Orion capsule, the astronauts to Mars. In addition to that, from a scientific perspective, we have a whole variety of missions to Mars, and we're going to continue to do that over the next couple of decades. With those missions, we look at various areas that would support habitats and what we would do in living and working on Mars. And so we're really moving ahead in finding out everything we can about Mars that would support human exploration in addition to understanding Mars as a terrestrial planet.

"And then in the technology area they're building the ion engines. They're building these 25-kilowatt ion engines that will haul tens of tons of material back and forth to Mars. And a lot of that technology is being built right now but you're just not aware of it. But that's where we're going. We're going to Mars. We're at the stage where Mars actually is our next step."

But these things take time:
"History repeats itself in many ways, and there was a hiatus between the time we stood down on the Saturn 5s and actually when we got the shuttle going," Green explains.

> **We're going to Mars. We're at the stage where Mars is actually our next step.**
> NASA planetary science division director Jim Green

"And it's because NASA has a certain budget and it has a certain phasing that has to go on, and you have to be able to retire something to be able to free up the additional money to be able to invest in and build and complete the next set of things that you're doing, and that's true with SLS."

But we still love the moon, don't worry:
"The moon, as an important part of our solar system and our Earth, is really a staging ground. It's an area where we're going to approve a variety of technologies before we go to Mars," Green says.

"It will probably be an area where we're going to go back and forth to Mars and we'll have a small weigh station, if you will, at the moon. So the moon will still play a very important part of our steps. So it's not like we're going to ignore it."

TIFF PROGRAM

Wavelengths a boundary-breaking film

While many associate the Toronto International Film Festival with glamour, it's also about pushing the boundaries of filmmaking. TIFF's Wavelengths program, featuring 54 works this year, is a unique buffet of experimental and category-defying works.

The 2015 edition features a mix of well-known filmmakers, award-winning artists and emerging new talent. Curated by Andréa Picard, with contributions from members of the fest's international programming team, this year's Wavelengths features a record number of Canadian contributions.

"Wavelengths is committed to radicalism and risk-taking," says Picard. "Those terms can sound glib in today's world, but within the context of a big festival, the films in Wavelengths provide a critical alternative to traditional cinema in their aesthetics, stylistic approaches and often in their subject matter."

Highlights include the North American premiere of Portuguese director Miguel Gomes' sprawling Arabian Nights, which was a huge hit at Cannes, as well as Eva Doesn't Sleep, about the embalmed body of Argentinian First Lady Eva Perón, starring Gael Garcia Bernal.

"That TIFF can host Hollywood stars and continue to grow its avant-garde program each year is encouraging," Picard says. "Where else could I find myself in a situation in which Uma Thurman stepped on my foot in killer heels just before I had to introduce a program of political, avant-garde short films to a full house in the next theatre?"

Picard says the Wavelengths series "hugely benefits" from its position inside the bustling annual festival, "where a range of film is showcased and the conversation can be both specialized and expansive."

This year marks TIFF's first collaboration with the Art Gallery of Ontario, which is presenting the work of celebrated Thai filmmaker and artist Apichatpong Weerasethakul, as well as new material by Corin Sworn and Tony Romano. "There is increasing overlap between the film and art worlds, and Wavelengths actively engages in this dialogue."

CATHERINE KUSTANCZY/METRO

Arabian Nights is showing at TIFF as part of the Wavelengths program after winning over viewers at Cannes. CONTRIBUTED

From Rwanda to the runway

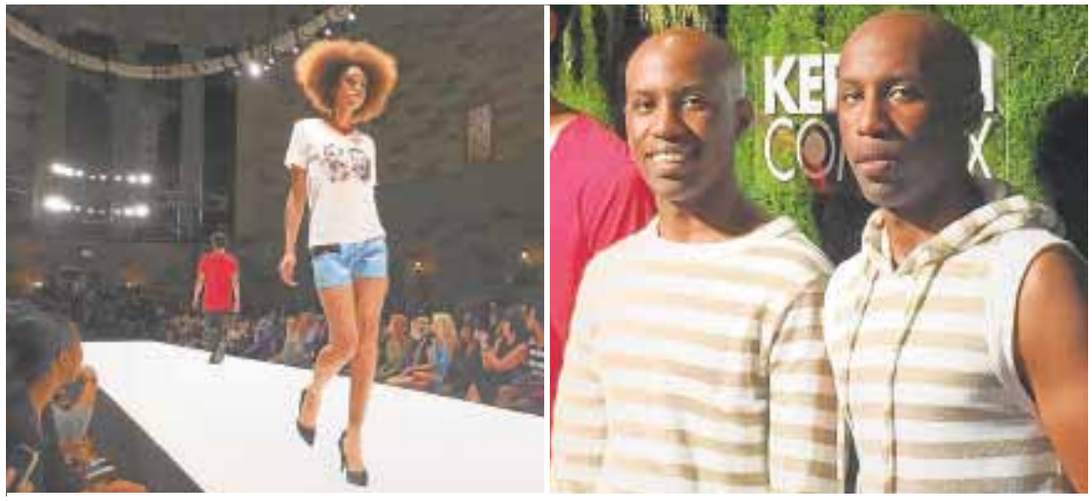
INSPIRATION

Genocide survivors debut collection at NY Fashion Week

Fashion designers Levi and Reuben Uwi, survivors of the 1994 genocide in Rwanda, said they looked to Africa for inspiration for their latest collection, which debuted Friday at New York Fashion Week.

The brothers, 27 and known as The Uwi Twins, unveiled I Left My Heart In Africa! at Gotham Hall and said they returned to the continent after 17 years to design their clean and simplistic ready-to-wear 2016 spring-summer collection.

"It was a huge contrast from the last time we were there. We were very fortunate enough to be in a position where we had a lot of opportunities ahead of us and so, when we were designing the collection, we definitely felt very blessed and very humbled," Levi said backstage after the presentation.



On left, the Uwi Twins' show on Friday was called I Left My Heart in Africa. On right, Levi, left, and Reuben Uwi say their brand is about inspiration for the underdog. PHOTOS: THE ASSOCIATED PRESS

The brothers relocated to Vancouver after escaping Rwanda.

They kicked off the fashion show Friday with traditional African dancers working the runway and two drummers playing lively and loudly. Models confidently wore trendy designs that ranged from fitted black and white T-shirts to bright pink shorts to semi-loose blazers. The highlights: a soft pink blazer paired with pink shorts with large black lines on each side, and a black and white shirt with a splash on pink over the shoulders.

Some models wore shirts with the twins' faces as kids blended with the year 1987, when Levi and Reuben were born.

The Uwis know their story is remarkable, but as designers, they want people to look at their clothes first.

"Of course the story's great, but the clothing has to speak for itself," Reuben said. "So, if you love the clothes, please talk about that."

Their overall goal is to give young artists opportunities to live out their dreams — like they have done.

"This brand is about inspiring the underdog and with this collection, yeah it is inspired by Africa, but it's also for anyone who feels like they're down," Reuben said.

"Look at us — we've been down multiple times. You can get back up."

"If anything, it should inspire and give you more ambition," Levi added.

The twins said they'd love celebrities to get on board with their brand, name-checking Rihanna, Beyonce and Drake as their top picks for collaborators.

"We're shooting high," Reuben said, laughing.

THE ASSOCIATED PRESS

> **"Look at us — we've been down multiple times. You can get back up."**
> Reuben Uwi

VIRAL POSTS

Quitting your job to travel is work too

Eleni Deacon
For Metro Canada

We shouldn't be surprised that Chanel Cartell and Stevo Dirnberger, who run the blog How Far From Home, had to scrub toilets to afford this journey. Daily sludge accompanies every job — no matter how glorious. INSTAGRAM/@HOWFARFROMHOME

At the end of a particularly stressful workday, you probably want to get far away from your fluorescent-lit cubicle, your not-so-fun coworkers, and whatever infuriating email landed in your inbox at 5 p.m.

Most employees escape to their homes or their local watering holes. Others go further: say, another continent.

Earlier this month, a story went viral about a South African couple who, six months ago, quit slick advertising jobs to travel the world. Chanel Cartell and Stevo Dirnberger currently have over 100,000 followers on Instagram, but they didn't get press for their ripped-from-a-magazine photography. They drew attention for toilet-scrubbing.

"I feel it necessary we share the uglier side of our trip," Cartell wrote on the couple's blog, claiming that she and Dirnberger have cleaned 135 toilets and spread 250 kilos of cow dung as part of on-the-road work exchanges to pay for their trip.

Her post was covered by publications around the world, which circulated the story with headlines like The Couple Who Quit Their Ad Jobs to Travel the World Ended Up Poor and Scrubbing Toilets and Travelling the World Not Always What It's Cracked Up to Be.

Cartell and Dirnberger's experience tells us less about the messy consequences of long-term travel — after all, what's a little manure compared to a year-long vacation? — as it does about the complicated notion of doing what you love.

Scrapping work for a world tour is itself a road well-travelled — but it's also a privilege.

This adventuresome couple isn't scouring johns because they have no choice. Their janitorial forays are simply brief (if stinky) detours on a very lucky pursuit of their globe-spanning goals.

The clickbait headlines that accompanied this story, painting the couple as destitute vagabonds, suggest shock that pursuing your desires isn't pain — and poop — free.

> **'Do what you love, love what you do,' the adage says, playing down the mundane**

Although wanderlust is a definitively more fun ambition than white-collar ladder-climbing, even in the more traditional corporate realm, there's a similar sense that dream-chasing should be more about love and less about hard labour.

"Do what you love, love what you do," the adage says, playing down the mundane, taxing, and often chaotic daily sludge that accompanies every job — no matter how much you enjoy your career.

Thinking of a ditching your desk? What we can learn from Cartell and Dirnberger is not that trekking the world isn't what it's cracked up to be.

It's a reminder that, whether your final destination is a beachside villa or a corner office, there will be dung.

JOB SEARCH TIPS

Hey Ph.D — don't lock yourself in an Ivory Tower

PhD candidates may need to think outside the box when it comes to finding a job. ISTOCK

Thinking about getting a Ph.D? Most experts will tell you it's a bad idea. The average doctoral student takes about eight years to complete her degree — if she finishes it at all.

"Universities have stopped hiring tenure-track professors and have replaced them with adjuncts," says Karen Kelsky, author of the new book The Professor Is In: The Essential Guide to Turning Your Ph.D. Into a Job. Those adjuncts receive what she calls "Wal-Mart wages."

We asked her for some of her tips.

Don't get obsessed with your thesis

Graduate school isn't just about doing research: it's also about getting a job. "Students forget that and get obsessed with their research project — which makes sense! — but you have to remember that people go to graduate school because they imagine they're going to have a career at the end of it," says Kelsky.

Think of your thesis as a means to a job

Still, your dissertation is very important, and having the right topic is key. "It should be timely and about something your field considers important or relevant," says Kelsky.

Network

Sure, academics may not be known as social butterflies, but that doesn't give them an excuse to shut themselves in their Ivory Tower. They have to hustle. "Relationships are the core to hiring," says Kelsky. RAQUEL LANERI/METRO

"You gotta know when to go": Floyd Mayweather Jr. retires at a perfect 49-0 after beating Andre Berto

Ehlers eyes big league, after junior hockey domination

NHL

Jets' dangerous Danish teen feels ready to take step up

Nikolaj Ehlers has every intention of playing in the NHL this season. It's up to him to show he deserves one of the jobs available with the Winnipeg Jets.

After attending training camp with the club last season, the slick Danish winger dominated junior hockey in 2014-15, with 37 goals and 64 assists in 51 games for the Halifax Mooseheads of the QMJHL before adding a ridiculous 31 points (10 goals, 21 assists) in just 14 playoff games.

"I feel ready," the 19-year-old Ehlers said recently on his NHL hopes. "I've been working to get better the past two years and be able to get a good chance to make the team."

Selected ninth overall at the 2014 draft, Ehlers is part of the Jets' roster of prospects currently taking part in the Young Stars tournament, a four-team showcase that also includes rookies from the Calgary Flames, Edmonton Oilers and Vancouver Canucks.

"I worked on a lot of small details this year and this summer — getting bigger, getting faster, stronger," said Ehlers, who also attended last year's tournament. "I feel like I did that pretty well. That's an advantage for me. I'm going to try to use my abilities, what I do best and see."

Forward Nikolaj Ehlers says a summer's hard work has made him ready for the big time in Winnipeg. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

The Jets should have some openings at forward when their main camp opens next week after Michael Frolik inked a deal with Calgary this off-season and Jiri Tlusty and Lee Stempniak weren't re-signed.

"I see an opportunity and I'm going to do everything I can to grab that chance," said Ehlers. "It's going to be tough, but I'm ready for it."

The CHL rookie of the year in 2014, Ehlers said he doesn't see much value in returning to junior. He's also too young to play in the AHL, but Europe could be an option if he isn't able earn a spot with the Jets.

"I don't have any other plans than playing in the NHL this year," said Ehlers. "It's what my focus is on and it's going to stay like that until they say otherwise. I'm excited to start this season and looking forward to it."

> **"I don't have any other plans than playing in the NHL this year.**
> Nikolaj Ehlers

Another prospect looking to make an impact at training camp will be defenceman Josh Morrissey, who is in his third rookie tournament. Unlike Ehlers, the 20-year-old from Calgary is eligible to play in the AHL if he doesn't break camp with the Jets, but he said it's his job to make the decision a difficult one.

"I've never seen anyone go in there and just have a spot given to them in any capacity," said Morrissey, the 13th overall pick in 2013. "You have to put in the work and earn that position. I'm excited to go in and do that. All you want as a player is an opportunity to go in and earn a position and know that the ball's in your court."

THE CANADIAN PRESS

MLB

Tanaka saves Yankees' blushes by avoiding Jays sweep

Yankees' Rico Noel, right, leaps past Jays' catcher Josh Thole to score on A-Rod's double. KATHY KMONICEK/THE ASSOCIATED PRESS

Masahiro Tanaka pitched like the ace the Yankees needed him to be, allowing four hits over seven innings to lead New York over the Toronto Blue Jays 5-0 Sunday and stop his team's five-game losing streak.

Dustin Ackley homered and had three RBIs for the Yankees, who closed back within 3-1/2 games of the AL East-leading Blue Jays with 20 games left.

Toronto had won the first three games of the four-game series, but the Yankees sent R.A. Dickey (10-11) to his first loss since before the All-Star break.

SUNDAY In New York

YANKEES	BLUE JAYS
5	0

The Blue Jays and Yankees play three more times in Toronto from Sept. 21-23.

The Blue Jays said before the game that All-Star shortstop Troy Tulowitzki will miss at least two weeks after cracking his left shoulder blade in a collision during the opener of Saturday's doubleheader. Edwin Encarnacion was held out after aggravating a finger injury Saturday.

Tanaka (12-6) struck out seven, walked none and threw 76 of 108 pitches for strikes. He is 3-0 with a 2.54 ERA in his last four starts.

New York went ahead in the second on sacrifice flies by Ackley and Didi Gregorius. Ackley, acquired from the Mariners on July 30, hit a two-run homer in the fourth, and Alex Rodriguez added an RBI double in the eighth that chased Dickey.

THE ASSOCIATED PRESS

IN BRIEF

Triple MVP winner and 76ers legend Malone dies

Moses Malone, a three-time NBA MVP and one of basketball's most ferocious rebounders, died Sunday, the Philadelphia 76ers said. He was 60. The 76ers issued a statement that said Malone had died, but did not immediately provide a cause of death.

Malone was part of the 76ers' 1983 NBA championship team, and the club said he will "forever be remembered as a genuine icon and pillar of the most storied era in the history of Philadelphia 76ers basketball."

A 6-foot-10 centre who made the leap right from high school to the pros, Malone is the NBA's career leader in offensive rebounds and led the league in rebounds per game for five straight seasons from 1980-85. Malone was inducted into the Naismith Memorial Basketball Hall of Fame in 2001.

THE ASSOCIATED PRESS

Canada's Homan edged by Swiss Tirinzoni in women's Tour Challenge curling final

Rachel Homan couldn't extend her perfect run at the Grand Slam of Curling's Tour Challenge.

Switzerland's Silvana Tirinzoni scored two in the eighth end to edge the Ottawa skip 6-5 in the Tier 1 women's final on Sunday. Homan got out to an early 3-0 lead in the second end and was up 5-2 before Tirinzoni came back with deuces in the seventh and eighth ends to take the victory.

Homan went undefeated at the inaugural Grand Slam of Curling event until losing to Tirinzoni in the final. She posted a 4-0 round-robin record to top the leaderboard, downed Scotland's Eve Muirhead in the quarter-finals and beat EunJung Kim of South Korea in the semis.

Later Sunday, Brad Gushue of St. John's, N.L., played Calgary's Kevin Koe in the men's Tier 1 final. Gushue defeated Winnipeg's Mike McEwen 5-3 in Saturday's semi-final, while Koe downed American John Shuster 9-2. THE CANADIAN PRESS

CFL

Nichols enjoying success in Winnipeg

Matt Nichols said earlier this week he hadn't had this much fun on the football field in quite some time.

And while a first-half nightmare probably had him rethinking those thoughts briefly on Saturday, the sentiment certainly held true by the time the final whistle blew as his Winnipeg Blue Bombers were victorious 22-7 over the Saskatchewan Roughriders.

"Tonight, I definitely had the most fun I had since probably college for me," said Nichols, who was 21-for-30 for 283 yards with a major, an interception and two fumbles while improving to 6-2 in starts in 2015.

"To get back to that is just awesome. Sometimes in the business you can start having it feel like a job. Right now, it feels like you're just out playing with the boys."

Nichols, who was acquired two weeks ago from Edmonton, said one of the keys was the belief he felt coming from his teammates in Winnipeg.

"I just really felt, as a quarterback, you have to be in that position where everyone believes in you and trust you and I felt I have that here," said Nichols. "At times that was lost on me in Edmonton."

THE CANADIAN PRESS

A BIG W

The win snapped a four-game losing streak for the Blue Bombers, who improved to 4-7.

U.S. OPEN

Pennetta wins first major in her last try

Even Flavia Pennetta was a tiny bit disappointed that Serena Williams didn't complete the first Grand Slam since 1988 at the U.S. Open.

Flavia Pennetta
GETTY IMAGES

"Of course," she said hours after she won her first major title in her final chance before retiring — well aware that had Williams accomplished the feat, it would've meant no championship for Pennetta.

She was thrilled for childhood friend Roberta Vinci for upsetting Williams in Friday's semifinals, but Pennetta was like any other tennis fan captivated by the chance to witness a rare achievement.

"Also, I was thinking it was going to be nice to be on court with her, and maybe lose, but for a moment so special for everyone, for her, for history," she said.

The 33-year-old was OK that her career was going to end without a major title. Her trainer asked before the U.S. Open if she thought she could still win a Grand Slam championship and Pennetta said no.

"Now they're laughing so much," Pennetta said Saturday about her team.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Sunday night's men's final between Roger Federer and Novak Djokovic.

IN BRIEF

Canadian pair wins junior doubles tennis title

The Canadian duo of Felix Auger-Aliassime and Denis Shapovalov were victorious in their U.S. Open debut, capturing the junior boys' doubles title on Sunday by downing Americans Brandon Holt and Riley Smith.

Montreal's Auger-Aliassime, 15, and Shapovalov, 16, took the match in straight sets, 7-5, 7-6 (3) in one hour and 23 minutes.

Auger-Aliassime is the top-ranked junior singles player in Canada and is ranked 26th in the world.

THE CANADIAN PRESS

Ko youngest major champ after winning French event

Lydia Ko won the Evian Championship on Sunday to become the youngest major champion in LPGA Tour history.

The South Korean-born New Zealander closed with an 8-under 63 for a six-stroke win over Lexi Thompson at the final major of the season.

Ko is 18 years, four months, 20 days old. She broke the record set by American Morgan Pressel at 18 years, 10 months, nine days in the 2007 Kraft Nabisco Championship.

THE ASSOCIATED PRESS

Rams quarterback Nick Foles scores a touchdown past Seahawks linebacker Bobby Wagner on Sunday in St. Louis.
TOM GANNAM/THE ASSOCIATED PRESS

Rams stuff Lynch and Seahawks in OT

NFL

St. Louis takes down NFC champion in season opener

"Normally when we get three turnovers and they get one, we win. We've been doing that for a long time." Seahawks coach Pete Carroll

The Seahawks needed a yard. The Rams defence knew that this time, unlike in the Super Bowl, they would give the ball to Marshawn Lynch.

Once again, Pete Carroll's choice didn't work out. Rams defensive linemen Michael Brockers and Aaron Donald stuffed Lynch for a one-yard loss on fourth down to seal a 34-31 overtime over the two-time defending NFC champs victory Sunday.

"We were thinking run," Donald said. "It's short yardage and we know they've got Lynch back there and we knew they were going to give it to him."

Carroll said the play had been getting two or three yards "all day long." The Seahawks' bid to keep overtime going died at the Rams 43, about 10 yards shy of field goal range. "I don't know how they got the penetration, but they did," he said.

The Rams assembled a defence that features five first-round picks up front for just such a moment. They sacked Wilson six times, getting two each from Donald and Robert Quinn.

"We wanted to start fast," Quinn said. "A.D. started it off and after that, guys tried to follow him."

Greg Zuerlein kicked a 37-yard field goal on the opening drive of overtime.

The Rams watched a 24-13 lead disappear, as Seattle scored 18 points in the fourth quarter, capped by Cary Williams' strip-and-score of Nick Foles with 4:39 left.

With 53 seconds left, the Rams tied the game at 31 after Seahawks defensive back Dion Bailey — the replacement for holdout Kam Chancellor — stumbled on Lance Kendricks' 37-yard touchdown catch.

The Seahawks opened overtime with an onside kick that could have given them a shot at winning the game outright, as Bradley Marquez caught Steven Hauschka's popped-up attempt. After throwing a flag for an illegal fair catch, officials ruled the ball was kicked directly in the air, so Marquez was OK raising his hand.

Foles hit Steadman Bailey for a 22-yard catch for the key gain to set up Zuerlein's kick.

THE ASSOCIATED PRESS

Mariota gets the better of Winston

Marcus Mariota of the Titans.
THE ASSOCIATED PRSS

Marcus Mariota shuns comparisons to Jameis Winston, insisting a budding rivalry between the rookie quarterbacks is more about team success than individual play.

Well, one game into their pro careers, the 2014 Heisman Trophy winner has the upper hand in both after throwing four touchdown passes Sunday to lead the Tennessee Titans to a 42-14 season-opening victory over the Tampa Bay Buccaneers.

The highly anticipated debuts for the first two players selected in this year's draft was one-sided from the start, not unlike many of Mariota's dazzling performances in college at Oregon.

Mariota threw for 209 yards without an interception to join Hall of Famer Fran Tarkenton as the only players to throw for four or more TD passes in their first NFL game.

Winston, No. 1 overall pick and 2013 Heisman winner, did something rare, too, becoming the first quarterback since Brett Favre in 1991 to have his first NFL pass intercepted and returned for a touchdown.

THE ASSOCIATED PRESS

MORE SCORES

Broncos ground Ravens

Denver safety Darian Stewart intercepted a pass intended for Baltimore ravens tight end Crockett Gillmore in the end zone with 28 seconds left to seal a 19-13 Broncos win.

Chargers' fourth-quarter surge tames Lions

Philip Rivers rallied San Diego to 30 straight points early in the fourth quarter, and the Chargers stunned the Detroit Lions 33-28.

RECIPE Golden Beet, Fig and Arugula Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

I love using golden or orange beets because they are more tender and sweeter than the red beet, and won't leave the red pigment colour on the other foods they come in contact with. The combination of these beets, arugula and maple dressing is outstanding.

Ready in
Prep time: 15 minutes

Ingredients
- 3 cups packed arugula
- 2 large yellow beets, peeled, either spiralized or shredded
- 1/2 small red bell pepper, julienned (sliced thinly)
- 4 fresh figs, cut into quarters
- 3 Tbsp sunflower seeds
- Dressing
- 2 Tbsp olive oil
- 4 tsp maple syrup
- 2 tsp lemon juice
- 2 tsp apple cider vinegar
- 1/2 tsp Dijon mustard
- 1/2 tsp minced garlic
- Salt and pepper

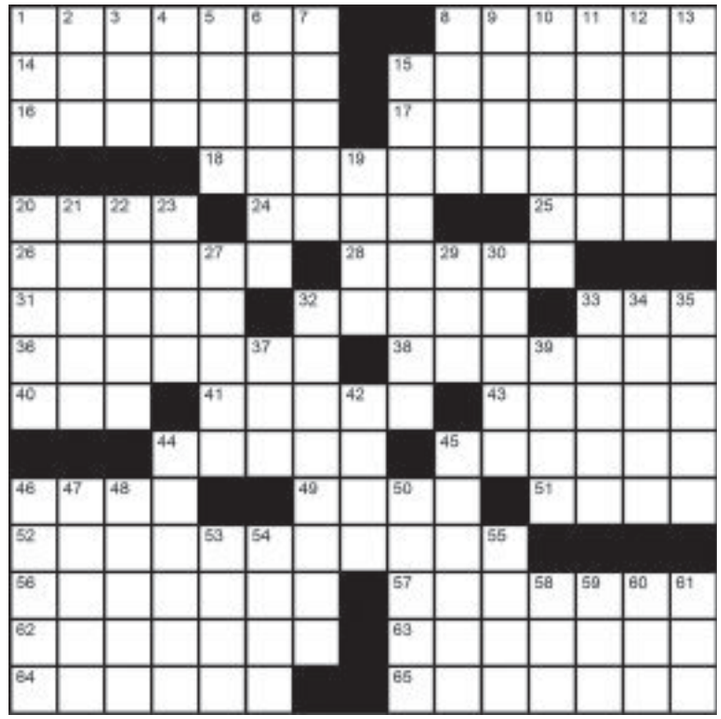
Directions
1. Place arugula and beets on serving platter. Add bell pepper, figs and sunflower seeds.
2. Dressing: Combine all ingredients and pour over salad.

Nutrition per serving (recipe serves 4)
- Calories 170
- Protein 3 g
- Carbohydrates 21 g
- Fibre 4 g
- Total fat 9 g
- Saturated fat 1.5 g
- Cholesterol 0 mg
- Sodium 50 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Paper-folding art
8. Symbol for the restaurant at #19-Down
14. "Titanic" (1997) director James
15. Decathlete's spear
16. Clap
17. Most level
18. Endangered predatory fish, Atlantic __
20. Design
24. "I will be _ to pleading and excuses." - Prince in Shakespeare's Romeo and Juliet, Act III, Scene 1
25. Letters before ://www
26. Tedious listing of things
28. Cursed
31. Extreme
32. Gaze and gaze
33. Track circuit
36. Become less taut
38. Crisscrossed upper portion along a backyard fence
40. Name of one of '60s U.S. President Johnson's pet beagles
41. Web letter
43. Sounds off
44. Inference
45. Geological formation in the Alberta badlands that's pillar-shaped with a flat top
46. Wing-shaped
49. Military cap
51. Lacking
52. Reflection: 2 wds.
56. What leftovers are initially
57. Bamboozled
62. Venue's humans-in-chairs capacity
63. Wind-powered electricity maker
64. Intertwine
65. Letter before Zeta

DOWN
1. Mozart opera, L'_ del Cairo
2. Music style
3. Pixie
4. Collective Soul tune
5. Dubai, United _ Emirates
6. Like furry food
7. Soon, _ _ time
8. Rikki-Tikki-_
9. Pizzeria need
10. Creme de _ (Grasshopper cocktail ingredient)
11. Language of Alaska
12. Ain't, posh-style
13. Available for pouring: 2 wds.
15. Canadian photographer whose works are part of the Vancouver Art Gallery's permanent collection: 2 wds.
19. _ Side Mario's (Canadian restaurant chain)
20. Lavish
21. City in northern France
22. Petal product in perfumery
23. Drug deal buster, commonly
27. Free from fashions of any sort
29. "...man _ _ mouse?"
30. 1980s styles, now
32. In-between-meals activity
33. Ms. Hamilton (Actress who was married to the Canadian at #14-Across)
34. 'A Heritage in Leather' community in southwestern Ontario
35. Monetary units in Mexico
37. Down Under bird
39. New Mexico art colony
42. Particular
44. Printers' mistakes
45. Elevated: 2 wds.
46. Charm
47. _ closet (Hallway spot)
48. "He's _ _ Nowhere Man..." - The Beatles
50. Sticky stuff
53. Ear-related
54. Ms. Russo of movies
55. Corn units
58. "The X-Files" org.
59. Tuesday's partner (1980s band)
60. Antacid brand
61. Lair

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The final piece of a puzzle will fall into place over the next two or three days. Once you can see the entire picture you'll know why it took so long to make sense of it.

Taurus April 21 - May 21
Something you say may confuse other people. Try to see things from their point of view, then explain using plain and simple language.

Gemini May 22 - June 21
You may have to devote the daylight hours to work-related matters but once the Sun goes down your thoughts will be on having fun. As far as romance is concerned a secret crush you have is unlikely to stay secret much longer.

Cancer June 22 - July 23
You should follow a course you have navigated profitably before rather than set out in a new direction. Despite what some may say, there is no need for any type of major change.

Leo July 24 - Aug. 23
You can sense that something is wrong and you know better than to ignore your instincts. Take the initiative and act immediately on your suspicions.

Virgo Aug. 24 - Sept. 23
You may not understand how your mind has arrived at a certain conclusion but deep down you know it is the right one for you. It may seem a bit silly at the present but it will soon make perfect sense.

Libra Sept. 24 - Oct. 23
Try not to criticize yourself for no reason. In fact, try not to criticize yourself even if there is a reason. If you made a mistake, learn from it quickly and move on.

Scorpio Oct. 24 - Nov. 22
Think positively about what you are required to do by people in positions of authority. It may not be what you want to do but don't start a battle you cannot possibly win.

Sagittarius Nov. 23 - Dec. 21
You know a good thing when you see it and what you see today will get your mind racing. How can you make it work for you? How can you make it pay? It's not selfish to think that way — it's just common sense.

Capricorn Dec. 22 - Jan. 20
Why are you worrying for no good reason? The planets indicate that nothing will happen without your agreement and your say-so.

Aquarius Jan. 21 - Feb. 19
Try not to be too judgmental of people whose beliefs and lifestyles differ from your own. Yes, maybe the world would be a better place if everyone was just like you but that isn't going to happen, so get over it.

Pisces Feb. 20 - March 20
You need to resolve a dispute with a loved one or work colleague now. If you let the situation fester for even one more day it may move beyond the point where it is easily rescued. Say sorry, and move on.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			6		7	4	5	
8	4	5						
2						1		
			1					9
	3			4			7	
7					9			
		9						4
						8	6	1
	8	2	5		6			

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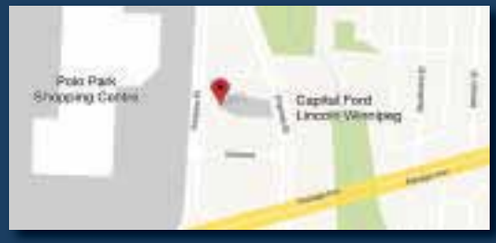

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